



Beetroot & Potato Soup

Overview:

Difficulty: Medium

Servings: 2

Preparation Time: 10 mins

Ingredients

- · 250g of beetroot
- 100g of carrot
- 250g of potatoes
- 1 small brown onion, diced
- · 1 bay leaf
- 1 teaspoon of olive oil
- 11/2 cup of chicken broth
- 1 cup of water
- · Freshly ground black pepper
- · Some sour cream or Greek yogurt, optional

Methods

- 1. Peel and dice beetroot, carrots and potatoes into small cubes and put them aside
- 2. Heat oil in a saucepan. Add in onions and carrots. Then cook on low heat for 3 minutes till the onions are tender.
- 3. Add in beetroot, potatos, bay leaves and chicken stock. Bring to boil and simmer for about 30 minutes or until beetroot is tender.
- 4. Remove from heat, take out the bay leaf and use Bosch hand blender to process the mixture on Speed 8 till smooth. Lastly, season with salt and pepper.
- 5. Ladle soup into serving bowls, top them with some sour cream and pepper. Serve warm with bread.

Product Used

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